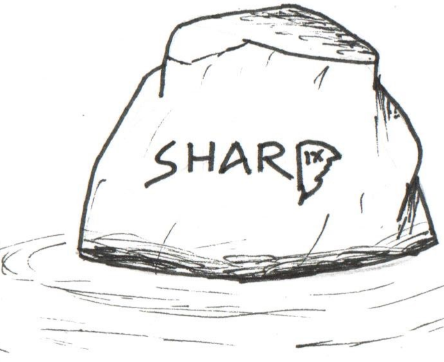
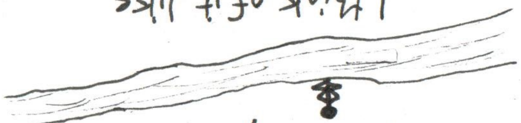
resilience



Meditation Works.

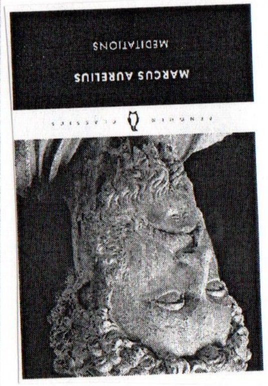
10 minutes a day for me. Sit somewhere quiet, progressively relax each muscle in turn, and clear your thoughts away by focusing on how you breathe. Imagine a river in front of you - thoughts that pop in your head fall into it and are swept away.



I think of it like restarting a computer that's acting up.

Fill this page with things that make you happy

YOU SHOULD READ →



This can be a genuinely helpful book for those dealing with hard times. The musings of a 2nd century Emperor of Rome translate well to our time - he wrestles with what it means to be a good person, how to accept others as they are, how to temper your reactions to things you can't control, and how to make a difference with the limited time given us.

Seek out and build **REAL WORLD** connections. Work to help others, to be kind to make their day a little more hopeful and positive. Listen to them and try to **UNDERSTAND** and they will do the same, with luck.

We are all social animals and a **RESILIENT COMMUNITY** knows and helps each other when times are hard - and the **COMFORT** that comes from helping boosts you as well.

It is normal to be sad, and normal to be scared and angry.

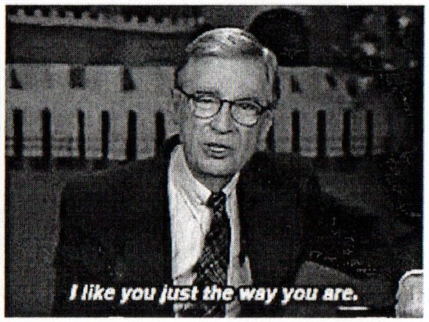
We need to recognize those feelings for what they are, to name them, and understand how they are affecting us - our thinking - and our interactions with others.

We try to squelch or run from them, but does that help?

Everything ends eventually.

"Knight, Death and the Devil," Albrecht Dürer, 1513

"I'm just so proud of all of you who have grown up with us. And I know how tough it is some days to look with hope and confidence on the months and years ahead. But I would like to tell you what I often told you when you were much younger -"



- Fred Rogers

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